



The Leadership Check-In

Take five minutes at the end of your week to reset. Be honest, this is for your growth only.

1. **Clarity:** How clearly did I communicate my goals to my team or students this week?
Did everyone know what was expected of them?
2. **Listening:** In my most important conversation this week, did I truly hear what was being said, or was I just waiting for my turn to speak?
3. **Values:** What was one decision I made this week that I am proud of because it aligned with my personal values?
4. **Sustainability:** If I keep working at this exact pace for the next month, will I be energised or exhausted?
5. **Learning:** What is one thing a challenge or a mistake taught me about my leadership style this week?

Your Next Step: What is one small change you can make next week to feel more in control?